

In a belt for a continuously variable transmission, a first line on a lower edge of an element body of a metal element is determined, and a second line straightforwardly connecting a lower end of a V-face to which a load is applied from a V-groove in a pulley and an inner end of a saddle surface is determined, so that when a downward load is applied from a metal ring assembly to an outer end of the saddle surface, the folding-resistant strength of the element body is uniform laterally. The position of the recess is determined in the vicinity of a point of intersection of the first and second lines. The lower edge of the element body is defined by the first line inside the recess and by the second line outside the recess. The durability of the metal element can be enhanced by devising the shape of the lower edge of the element body of the metal element in this manner.